



TENNESSEE DEPARTMENT OF

EDUCATION
FIRST TO THE TOP

Nutrition Across the Lifespan

Primary Career Cluster:	Human Services
Consultant:	Deborah Thompson, (615) 532-2840, Deborah.Thompson@tn.gov
Course Code(s):	TBD
Prerequisite(s):	Introduction to Human Studies
Credit:	1
Grade Level:	10
Graduation Requirements:	This course satisfies one of three credits required for an elective focus when taken in conjunction with other Human Services courses.
Programs of Study and Sequence:	This is the second course in the Dietetics and Nutrition program of study.
Necessary Equipment:	Nutrition laboratory with common kitchen equipment
Aligned Student Organization(s):	Family, Career and Community Leaders of America (FCCLA): http://www.tennesseefccla.org/ Brandon Hudson, (615) 532-2804, Brandon.Hudson@tn.gov
Coordinating Work-Based Learning:	If a teacher has completed work-based learning training, he or she can offer appropriate placement. For more information, please visit http://www.tn.gov/education/cte/wb/ .
Available Student Industry Certifications:	American Association of Family and Consumer Sciences Pre-PAC Nutrition or Food Science Certificate
Dual Credit or Dual Enrollment Opportunities:	There are no statewide dual credit /dual enrollment opportunities for this course. If interested in establishing a local opportunity, reach out to your local postsecondary institution.
Teacher Endorsement(s):	050, 051, 450
Required Teacher Certifications/Training:	None
Teacher Resources:	http://www.tn.gov/education/cte/HumanServices.shtml

Course Description

Nutrition Across the Lifespan is for students interested in learning more about becoming a dietitian, nutritionist, counselor, or pursuing a variety of scientific, health, or culinary arts professions. This course covers human anatomy and physiological systems, nutrition requirements, as well as social, cultural, and other impacts on food preparation and integrity. Artifacts will be created for inclusion in a portfolio, which will continue to build throughout the program of study. Standards in this course are aligned with Tennessee Common Core State Standards for English Language Arts & Literacy in Technical Subjects, as

well as Tennessee Biology I, Chemistry I, Human Anatomy & Physiology (A&P), Scientific Research, and World Geography and the National Standards for Family and Consumer Sciences Education, Second Edition.*

Program of Study Application

This is an applied knowledge course in the *Dietetics and Nutrition* program of study. For more information on the benefits and requirements of implementing this program in full, please visit the Human Services website at <http://www.tn.gov/education/cte/HumanServices.shtml>.

Course Standards

Safety & Sanitation

- 1) Compile and critique safety and sanitation procedures related to handling, preparing, storing, and serving food from industry-approved technical manuals and government published fact sheets. Identify and review general common laboratory safety procedures including but not limited to prevention and control procedures and personal hygiene expectations. Incorporate safety procedures and complete safety test with 100 percent accuracy. (TN CCSS Reading 3; FACS 9)

Nutrition and Health Overview

- 2) Synthesize research published by government agencies or academic journals on the contribution of nutrition and exercise to achieving optimum physical, mental, and social well-being at all stages of development across the life span. Create an informative essay illustrating findings on the nutritional needs of individuals and families in relation to age, gender, activity level, and health status. (TN CCSS Reading 1, 7; TN CCSS Writing 2, 4, 7, 9; FACS 14)

Anatomy and Physiology of Nutrition

- 3) Create a model or graphic illustration that identifies the major anatomic structures of the gastrointestinal (GI) system. Explain the function of each structure in the process of digestion, absorption, transport, and use of nutrients in the body. Research and develop a logical explanation of how the body deals with deficiencies and surplus nutrients, citing specific textual evidence on the impact on an individual's health. (TN CCSS Reading 1, 2; TN CCSS Writing 2, 8, 9; TN A&P 1, 5; FACS 9)
- 4) Identify, analyze, and visually represent the macro- and micro- nutrients required in the human diet. Include the common food sources of those nutrients, their chemical properties, and function in the body, as well as the influence upon biological systems in reference to maintenance and growth.
 - a. Macro nutrients include: carbohydrates, lipids, and proteins
 - b. Micro nutrients include: minerals, vitamins, and water
 - c. (TN CCSS Reading 1, 7; TN CCSS Writing 4; TN Biology 1; FACS 9, 14)



Nutritional Requirements Across the Lifespan

- 5) Accurately read, interpret, and communicate understanding of guidance from the U.S. Food and Drug Administration (FDA), and other regulators, such as nutrition labels and daily value recommendations using accurate symbols, key terms, and other domain-specific words and phrases. (TN CCSS Reading 4; FACS 9, 14)
- 6) Research and prepare informational artifacts for consumers that present the specific nutritional guidelines for each stage of the life span using scientifically accurate terms and symbols. Life span phases should include:
 - a. Birth to 1 year
 - b. Toddlerhood
 - c. Preschool
 - d. School age
 - e. Puberty and adolescence
 - f. Pregnant and lactating females
 - g. Early adulthood
 - h. Middle adulthood
 - i. Late adulthood
 - j. (TN CCSS Reading 1, 7; TN CCSS Writing 4, 6, 8; FACS 14)
- 7) Analyze a variety of meal plans that meet nutritional requirements (caloric and RDA) as recommended by the U.S. Food and Drug Administration (FDA). Create a meal plan that addresses the nutritional needs of a specific individual based on their age, gender, activity level and other factors, and justify choices using evidence. Select, prepare, and serve food(s) from the meal plan following recipes precisely, including defining and utilizing specific culinary and measurement terms as needed. Practice proper serving and etiquette principles during appropriate situations. (TN CCSS Reading 1, 3, 4; TN CCSS Writing 7; FACS 9, 14)
- 8) Keep a food journal and compare an individual's diet to nutritional recommendations for their respective age, gender, activity level and health status. Write a summary of the findings and include conclusions drawn on recommendations of how the diet could be modified to make up for deficiencies and surpluses. (TN CCSS Reading 9; TN CCSS Writing 4; FACS 9, 14)
- 9) Compare and contrast alternative diet and lifestyle approaches to recommended dietary requirements for individuals of the same age and gender. Explain the reasons for the dietary differences in an informational artifact summarizing information to describe the physiological differences of the lifestyles, including, but not limited to:
 - a. Differences in physical activity (i.e. athletic training)
 - b. Differences in religious or ethical values (i.e. vegetarian, vegan, kosher)
 - c. Differences based on disease or physiological need (i.e. gluten free, elimination or rotation diets)
 - d. (TN CCSS Reading 1, 2, 8, 9; TN CCSS Writing 7, 8, 9; FACS 9)



Food Preferences and Choices

- 10) Research and summarize in an explanatory text the factors that contribute to food choices and preferences including cultural, geographical, economic, psychological, and societal influences. Describe the most likely results of preferences and external factors on nutritional intake.
- Example of geographical external factor on nutritional intake: Individual living in an area without adequate sunlight exposure may need to eat a diet rich in Vitamin D to make up for vitamin deficiency.
 - Example of geographical preference on food choice: Individual living in a colder climate might prefer methods of cooking that keep heat in the living area, while an individual living in a warmer climate might prefer preparation methods that reduce heat.
 - (TN CCSS Reading 1; TN CCSS Writing 2, 4, 7, 8, 9; TN World Geography 1; FACS 14)
- 11) Form a hypothesis and design and conduct an experiment to identify the role of the senses and/or food preparation techniques in food choices. Summarize experiment results into an argument making a claim about the impact of variables on food choice. Compare results to findings in news media and note when findings support or contradict previous explanations or accounts. (TN CCSS Reading 1, 3, 7, 9; TN CCSS Writing 1, 4, 7, 8, 9; TN Scientific Research 3, 4, 5; FACS 9, 14)
- 12) Research nutritional claims of various diets and use appropriate/reliable sources of nutritional information to determine the validity of those claims. Use nutritional databases, food label information, and other sources to analyze the nutrient composition of one day of foods on each diet investigated. Create a graphic illustration comparing actual nutrition provided by each diet to the recommended nutrition requirements for an individual with specific characteristics, noting similarities and differences in two diets. (TN CCSS Reading 1, 2, 6, 7, 8, 9; TN CCSS Writing 6, 7, 8; FACS 9, 14)

Nutritional Issues and Controversies

- 13) Synthesize evidence from multiple sources to analyze topics in nutrition, including but not limited to:
- The use of genetically modified foods
 - Artificial sweeteners versus natural sugar
 - Organic and local food movements
 - Benefits and risk of different forms of dieting
 - Use of probiotics
- Evaluate the validity and credibility of source materials and deduce the principle arguments for each, carefully weighing the author's evidence against potential biases. (TN CCSS Reading 1, 2, 6, 8; TN CCSS Writing 4, 8; FACS 14)
- 14) Describe the correlation of energy balance, lifestyle, diet, age, gender, and metabolism to the obesity epidemic in America. Compare and contrast how different diets, habits, heredity, and physical characteristics contribute to obesity. Research various initiatives that have sought to fight obesity and improve nutrition across the nation. Summarize the intended result of an initiative in an explanatory essay, informational artifact, or presentation. (TN CCSS Reading 1, 2, 8; TN CCSS Writing 4, 7, 8; TN Biology 4; FACS 9, 14)



Food Preparation and Integrity

- 15) Investigate the food supply from point of origin to the point of sale – analyzing handling, transportation, storage, processing, and packaging – to identify where food safety and nutritional value could be compromised. Compare this to the food handling, transportation, storage, processing, and preparation from point of sale to the table by creating a graphic illustration indicating where food is most susceptible to contamination, food-borne illness, spoilage, and nutrient loss. (TN CCSS Reading 7; TN CCSS Writing 4, 9; FACS 9, 14)
- 16) Demonstrate food selection and preparation methods that maximize the nutritional value of foods while minimizing dietary health risks. Plan and conduct nutrition laboratory experiments to determine the physical and chemical changes of food structure through chemical reactions. Communicate results of experiences, including comparing and contrasting results to findings in a report. Demonstrate relationships among concepts including, but not limited to:
 - a. Heat
 - b. Acidity level
 - c. Fermentation
 - d. Millard reactions
 - e. Chemically processed foods
 - f. Preparation techniques and product yield
 - g. (TN CCSS Reading 3, 5, TN Chemistry 3, TN Scientific Research 3, 4, 5)

The following artifacts will reside in the student's portfolio:

- Illustration of Nutrition Needs
- Graphic or Model & Explanation of GI Tract
- Macro & Micro Nutrient artifact
- Informational Artifact for Consumers
- Analysis of Meal Plans
- Food Journal
- Food Preferences artifact
- Summarized Results from Food Prep Techniques Experiment
- Illustration of Nutrition Claims
- Nutritional Issues Comparison
- Food Integrity illustration
- Food Lab Reports



Standards Alignment Notes

*References to other standards include:

- TN CCSS Reading: [Tennessee Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects](#); Reading Standards for Literacy in Science and Technical Subjects 6-12; Grades 9-10 Students (page 62).
 - Note: While not directly aligned to one specific standard, students who are engaging in activities outlined above should be able to also demonstrate fluency in Standard 10 at the conclusion of the course.
- TN CCSS Writing: [Tennessee Common Core State Standards for English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects](#); Writing Standards for Literacy in History/Social Studies, Science, and Technical Subjects 6-12; Grades 9-10 Students (pages 64-66).
 - Note: While not directly aligned to one specific standard, students who are engaging in activities outlined above should be able to also demonstrate fluency in Standards 5 and 10 at the conclusion of the course.
- TN Biology I: Tennessee Department of Education Curriculum Standards, Secondary 9-12 Science, [Biology I](#).
- TN Chemistry I: Tennessee Department of Education Curriculum Standards, Secondary 9-12 Science, [Chemistry I](#).
- TN Human Anatomy and Physiology: Tennessee Department of Education Curriculum Standards, Secondary 9-12 Science, [Human Anatomy & Physiology](#)
- TN Scientific Research: Tennessee Department of Education Curriculum Standards, Secondary 9-12 Science, [Scientific Research](#).
- TN World Geography: Tennessee Department of Education Curriculum Standards, Secondary 9-12 Social Studies, [World Geography](#).
- FACS: National Standards for Family and Consumer Sciences Education, Second Edition: National Association of State Administrators of Family and Consumer Sciences, [FACS](#).
- P21: Partnership for 21st Century Skills [Framework for 21st Century Learning](#)
 - Note: While not all standards are specifically aligned, teachers will find the framework helpful for setting expectations for student behavior in their classroom and practicing specific career readiness skills.

